

CHRISTINA RICCI GOES FULL-ON G-RATED

THE ACTRESS MAY BECOME A "HERO" TO KIDS. PAGE 14



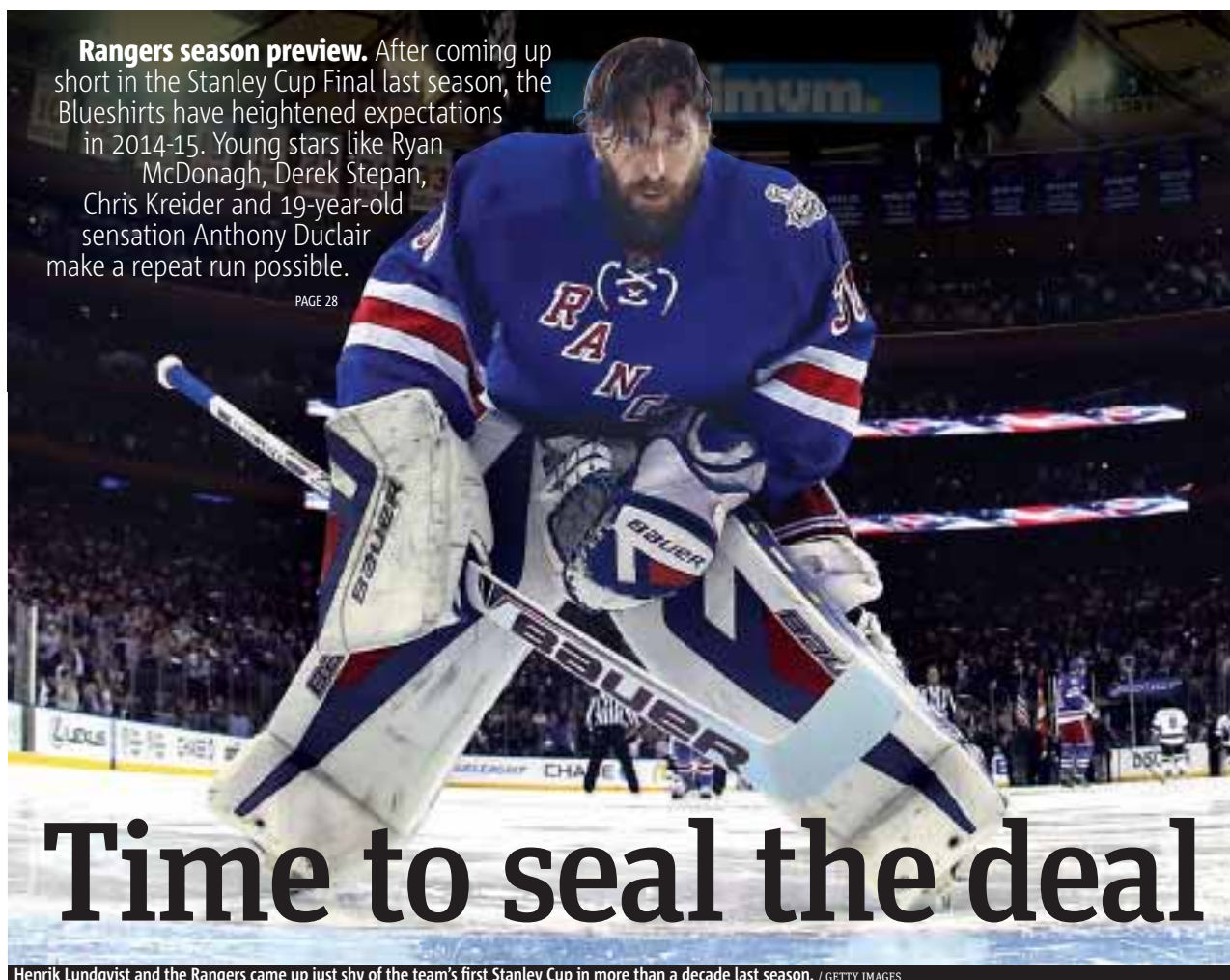
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Wednesday, October 8, 2014 www.metro.us | t: MetroNewYork | f: MetroNewYork

Rangers season preview. After coming up short in the Stanley Cup Final last season, the Blueshirts have heightened expectations in 2014-15. Young stars like Ryan McDonagh, Derek Stepan, Chris Kreider and 19-year-old sensation Anthony Duclair make a repeat run possible.

PAGE 28



Henrik Lundqvist and the Rangers came up just shy of the team's first Stanley Cup in more than a decade last season. / GETTY IMAGES

Time to seal the deal

City plan will update 35 parks

PAGE 02

'7th Heaven' dad being investigated

PAGE 08

Jennifer Lawrence on photo leak

PAGE 12



Aziz Ansari is a sellout, literally!

PAGE 19

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1 NEWS

Today's tweet

"I always forget how convenient NYC is. Hmm, need to buy beer, oh look a liquor store 10 feet from me, okay."

@RobDenBleyker



Top 3

What's trending online at Metro.us

1 VIDEO: Carlton finally did "The Carlton" on "Dancing with the Stars"

2 The NBA on NBC theme will remain dead thanks to new TV deal

3 VIDEO: Watch these two kangaroos get into wild street fight

Groups call for the rich to share trash

Manhattan.

People from neighborhoods overburdened with waste transfer stations said that wealthy areas should also carry their weight.

Community activists, city council members and labor groups gathered Tuesday morning to announce a new bill that would reduce the amount of garbage trucked into north-east Brooklyn, southeast Queens and the south Bronx.

"For far too long, a small handful of communities ... have shouldered far more than our fair share of waste in New York City," said Council Member Stephen Levin. Levin said underserved communities handle about 80 percent of the city's estimated 35,000 tons of garbage a day.

The waste equity bill would build on the 2006 Waste Management Plan, which cut 6 million miles of truck traffic.

If passed, the bill would reduce garbage processed by 18 percent in the highly concentrated neighborhoods, and prevent any neighborhood in the future to hold more than 5 percent of city waste.

Council Member Antonio Reynoso, who chairs the Committee on Sanitations and Solid Waste



Council Member Antonio Reynoso speaks at a waste equality rally on Tuesday. / WENDY JOAN BIDDLECOMBE, METRO



Visit **Metro.us** to read more about the push for waste equity in the city.

Management, said the high amount of garbage being trucked into these communities leads to higher numbers of diesel trucks on the streets, and in turn much higher rates of asthma.

Reynoso said north Brooklyn has 15 waste processing plants that process about 20,000 tons of garbage a day, and cited an Organization Unity for

Trash Reduction and Garbage Equity (OUTRAGE) study that found air quality was three times worse on days the transfer stations were open.

Activist and labor groups, including the Teamsters, OUTRAGE, the NYC Environmental Justice Alliance, Sustainable South Bronx and Morningside Heights/West Harlem Sanitation Coalition, participated in the rally.

Angela Tovar of the Sustainable South Bronx, a nonprofit in Hunts Point, said that community has nine waste processing plants that can handle 12,000 tons of garbage a day.

"The Hunts Point community is overburdened with 15,000 trucks that

Too much garbage

"For far too long, a small handful of communities ... have shouldered far more than our fair share of waste in New York City."

Stephen Levin

come in and out of the community on a daily basis. ... And because of the current transportation configuration, these trucks are traveling on local streets," passing by schools and senior and day care centers, Tovar said.



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us



A New York City park
OFFICE OF MAYOR

Makeover. Mayor's plan will fix parks in underserved NYC areas

Some 35 underused parks in New York City's poorest neighborhoods will get major improvements, Mayor Bill de Blasio announced on Tuesday.

The Community Parks Initiative will revamp the parks using a \$130

million capital investment. Improvements will include funding for maintenance. Another \$7.2 million in funding is set aside in 2015, as well as \$36.3 million from the Department of Environmental Protection.

The program focuses

on 55 neighborhoods and the 220,000 people who live close to the parks.

"Every New Yorker deserves access to clean and safe public parkland—no matter what neighborhood they live in," de Blasio said.

WENDY JOAN BIDDLECOMBE

New York City

Bill introduced to ban flavored e-cigarettes

Flavored e-cigarettes may be a thing of the past if a bill introduced on Tuesday in City Council passes.

The bill by Councilman Costa Constantinides of Queens will take flavored e-liquids off the market. He said the flavors, such as grape and cherry, attract kids to smoking.

"Flavored e-cigarettes create another avenue that tobacco companies are using to entice children and teenagers into using this potentially dangerous product," he said.

The American Vaping Association, a pro e-cigarette group, opposes the bill. **METRO**



E-cigarettes / GETTY IMAGES

Queens

Fire kills two boys

Two boys were killed Monday evening after a fire in their Jamaica home, police said. Fire and police responded to 188-19 Tioga Drive just after 7 p.m.

The boys, later identified as Andrew Kavanagh, 6, and John Kavanagh, 11, were found unconscious and in cardiac arrest on the second floor of the home, the NYPD said.

A 33-year-old man with hand and feet injuries was taken from the home as well and was treated at Jamaica Hospital.

The FDNY said Tuesday that "untended candles" caused the blaze, which started when a sofa on the first floor of the house caught fire. Witnesses said the family used the candles in prayer ceremonies. **METRO**

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Transit break will help 450K New Yorkers

Manhattan. City Council passed a transit benefit bill that will put money in more pockets.

A transit benefit bill passed by city council on Tuesday is expected to save thousands

of New Yorkers money on subway and bus fares.

"New York transit riders need relief, and with this bill they are going to get it," said Councilman Dan Garodnick, who first introduced the bill. "Straphangers are consistently getting less for more, and this is an important way the city can help them access an important tax break while

promoting mass transit use at the same time."

The legislation allows workers to pay for transit from pre-taxed earnings, up to \$130 a month, and will also require companies who employ more than 20 people to provide the service.

According to a study by Riders Alliance, an estimated 450,000 New Yorkers

could benefit from the tax break, and those who earn a "median wage" could save up to \$443 a year. The group said that would mean an additional \$50 million that would be pumped into the local economy.



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Riders Alliance estimates that the bill could save "median wage" workers \$443 a year. / GETTY IMAGES

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New York

Astorino calls for ban on flights from West Africa

Rob Astorino, Republican candidate for governor, called for a ban on flights from West African countries with Ebola outbreaks on Tuesday.

He said that a ban on flights into New York isn't the perfect solution but that it should be kept in place until better protocols have been established by the government to keep the virus out of the state. **METRO**

New York City

Cuomo to woo international businesses

Gov. Andrew Cuomo announced a \$35 million "Global NY" initiative fund on Tuesday to attract foreign businesses, investments and jobs.

As part of the plan he will make trade trips to Mexico, Canada, Italy, China and Israel.

"The fundamental role for government should be to develop the economy, because if the economy is running, and jobs are coming in, people have opportunity," he said. **METRO**



Rockettes ready to kick

Christmas may still be months away but the Rockettes are already back and preparing for their annual Christmas show. The dancers are rehearsing now at Radio City Music Hall for their holiday extravaganza that takes place from Nov. 7 through Dec. 31. The high-kicking group was founded in 1925. / GETTY IMAGES

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Albany. New York appeals court to weigh legal rights of chimpanzees

A New York appeals court will consider whether chimpanzees are entitled to "legal personhood" in what experts say is the first case of its kind.

For Steven Wise, the lawyer behind the case involving a chimp named Tommy, it is the culmination of three decades of seeking to extend rights reserved for humans to other intelligent animals.

On Wednesday, a mid-level state appeals court in Albany will hear the case of the 26-year-old Tommy, who is owned by a human and lives alone in what Wise describes as a "dark, dank shed" in upstate New York.

Wise is seeking a ruling that Tommy has been unlawfully imprisoned and should be released to a chimp sanctuary in Florida.

A victory in the case could lead to a further expansion of rights for chimps and other higher-order animals, includ-

Many questions

The bid to secure legal rights for animals has been criticized by some prominent legal experts, including U.S. Circuit Judge Richard Posner and New York University law

professor Richard Epstein.

- If animals gain rights once reserved for humans, courts would be inundated with tricky legal questions, they say.



The case could help decide whether some animals have the same rights as humans. / GETTY IMAGES

ing elephants, dolphins and other nonhuman primates, Wise said.

"The next argument could be that Tommy ... also has the right to bodily integrity, so he couldn't be used in biomedical research," the Boston attorney said.

An appeals court in Rochester in December will hear a similar case from Wise involving a chimp named Kiko.

Wise is using a legal mechanism traditionally filed on behalf of people, usually prison inmates, who claim they have been unlawfully imprisoned.

REUTERS

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'Hairgate'

iPhone hit by
new social
media storm

First, there was bendgate. Now brace yourself for hairgate. Fresh from the online uproar over whether the shiny new iPhone 6 bends when carried around in pockets, Apple has been hit by a new complaint — that the handset traps users' hair or beards when they make calls.

It is difficult to gauge whether there is any real issue, but Twitter users have made #hairgate a rising social media trend, leading major news outlets to pounce on the story.

"The seam on my iPhone 6 where the aluminum meets the glass is definitely catching my hair and pulling it out," one user tweeted.

REUTERS

**'7th Heaven' dad investigated for child molestation**

Recording. Audio from a therapy session reportedly contains Stephen Collins' confession.



Stephen Collins / GETTY IMAGES

Former "7th Heaven" star and author Stephen Collins is under investigation after a recording surfaced on TMZ in which Collins allegedly admits to molesting several young children.

In the recording, from a therapy session with then-wife Faye Grant, Collins admits to molesting an 11-year-old girl and exposing himself to two other girls between the ages of 10 and 13.

According to the New York Daily News, the NYPD's Special Victims Unit is

currently investigating the claims, as two of the alleged victims were Manhattan residents then. The abuse is said to have taken place more than 40 years ago, in 1972, though it wasn't reported until 2012.

"I woke up today to learn that an extremely private recording I handed over to the authorities in 2012 per their request in connection with a criminal

investigation was recently disseminated to the press," Grant said in a statement on Tuesday. "I had no involvement whatsoever with the release of the tape to the media."

Following the recording's release, Collins, 67, was fired from Seth MacFarlane's upcoming "Ted 2," in which he was reportedly set to play a small role, according to Entertainment Weekly. He has also resigned from his position on the National Board of the Screen Actors Guild. And UP TV and the TV Guide Network announced that they would immediately stop running syndicated episodes of "7th Heaven."

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High court decision

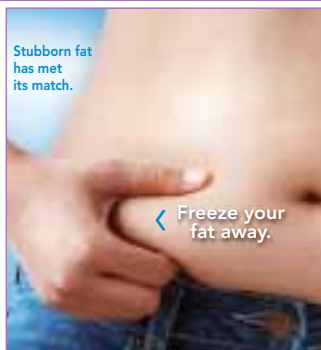
More US states push for gay unions

Legal pressure mounted across the country on Tuesday for further expansion of marriage rights after the Supreme Court declined to uphold bans in five states, but left intact 20 others.

The 7th U.S. Circuit Court of Appeals in Chicago issued orders on Tuesday that mean earlier rulings striking down bans in Wisconsin and Indiana can now go into effect.

Marriage equality advocates in Florida also planned to ask a federal judge on Tuesday to lift a stay and allow same-sex unions to go ahead in Florida. Legal challenges were also being planned in North and South Carolina and West Virginia.

The U.S. Supreme Court declined on Monday to rule on whether states can ban gay marriage, but rejected appeals to uphold the ban in Virginia, Oklahoma, Utah, Wisconsin and Indiana. **REUTERS**



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US Ebola patient on ventilator, getting dialysis

Treatment.

Thomas Eric Duncan has also begun receiving an experimental drug.

The Ebola patient fighting for his life in a Dallas hospital is on a ventilator and a kidney dialysis machine to help stabilize his health, the hospital said on Tuesday.

Liberian national Thomas Eric Duncan, the first person diagnosed with the deadly virus on U.S. soil, has also been given the experimental medication brincidofovir. The manufacturer said it has been tested in more than 1,000 patients without

raising safety concerns.

Texas Health Presbyterian Hospital said in a statement that Duncan's liver function declined over the weekend. It said although it has since improved, "doctors caution that this could vary in coming days."

Authorities in the United States and the public are on alert following Duncan's diagnosis more than a week ago.

Duncan arrived in Texas last month on a commercial flight from Liberia and has been in critical condition since Saturday.

Sen. Chuck Schumer said he expects the U.S. Centers for Disease Control will propose tougher Ebola screening requirements this week at U.S. airports. **REUTERS**



Texas Health Presbyterian Hospital in Dallas / GETTY IMAGES

Quoted

"We decided this was currently our best option for treatment."

Phil Smith, medical director of the Nebraska Medical Center's Biocontainment Unit, where an Ebola patient is receiving the same drug as Duncan

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Mary L., Philadelphia; Category: My Urban Escape

Benefits

Wal-Mart to stop health care for some of its workers

Wal-Mart Stores Inc. said on Tuesday it was ending health care coverage for tens of thousands of part-time workers to cut costs in

a move that could prompt other companies to follow suit.

The world's largest retailer said it will stop offering health benefits for employees who work fewer than 30 hours a week, a change that will affect 2 percent of its U.S. workforce of about 1.3 million,

or some 26,000 people.

Coverage will be discontinued from Jan. 1, 2015. On that date the Affordable Care Act, popularly known as Obamacare, will require all companies employing 50 or more people to offer health insurance to those working at least 30 hours a week. **REUTERS**

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CS0314-8

Light bulb moment. Low-energy LED wins Nobel prize for Physics



An American and two Japanese scientists won the 2014 Nobel Prize for Physics on Tuesday for inventing a new energy-efficient and environment-friendly light source, leading to the creation of modern LED light bulbs.

Isamu Akasaki and Hiroshi Amano of Japan and Japanese-born U.S. citizen Shuji Nakamura won the prize for developing the blue light-emitting diode (LED) — the missing piece that now allows manufacturers to produce white-light lamps.

"Red and green LEDs have been around for a long time, but blue was

really missing. Thanks to the blue LED we now can get white light sources which have very high energy efficiency and very long lifetime," Per Delsing, a member of the Royal Swedish Academy of Sciences, told a news conference.

The award is a notable example of a practical discovery winning the prize, in contrast to last year when the physics prize went to scientists who predicted the existence of the Higgs boson particle that explains how elementary matter attained the mass to form stars and planets.

REUTERS

250 packets

Del. mother charged after 4-year-old brings heroin to day care

A Delaware mother was arrested on Monday after her 4-year-old daughter unknowingly brought roughly 250 packets of heroin to her day care and passed them out to classmates thinking they were candy, police said.

Ashley Tull, 30, of Selbyville was charged with drug possession and endangering the welfare of a child after her daughter brought the drugs to the Hickory Tree Child Care Center on Monday morning, Delaware State Police said in a statement.

Several of the children who received the small, unopened bags were taken to area hospitals as a precaution and were later released, police said. **REUTERS**

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ALL PHOTOS GETTY IMAGES

Jennifer Lawrence: 'I didn't tell you that you could look at my naked body'

Jennifer Lawrence is finally speaking out about the nude photo hacking attack to which she and several other female celebrities fell victim. And as usual, Lawrence has some pretty awesome things to say, so we'll just let her speak for herself: "I was just so afraid. I didn't know how this would affect my career," Lawrence tells Vanity Fair. "Just because I'm a public figure, just because I'm an actress, does not mean that I asked for this. It does not mean that it comes with the territory. It's my body, and it should be my choice, and the fact that it is not my choice is absolutely disgusting."

There's a reason it took her this long to speak out, as the violation of privacy was understandably pretty tough to get over. "Every single thing that I tried to write made me cry or get angry," Lawrence says. "I started to write an apology, but I don't have anything to say I'm sorry for. I was in a loving, healthy, great relationship for four years. It was long-distance, and either your boyfriend is going to look at porn or he's going to look at you." Which leads to one of the key points Lawrence so eloquently makes: Those photos are not for you. "It is not a scandal. It is a sex crime. It is a sexual violation," she says. "Anybody who looked at those pictures, you're perpetuating a sexual offense. You should cower with shame."

Gerard Depardieu: Actor, drunk, prostitute, grave robber

Now, onto less serious topics, such as Gerard Depardieu's past as a male prostitute. The highly quotable French actor — or is he technically a Russian actor now? I can't keep up — has a new autobiography, "That's the Way It Was," and it has some rather interesting revelations. For instance, as a teen and young adult in France, he worked as an escort. "I've known since I was very young that I please homosexuals," he writes, though that statement should probably be in past tense, if you know what I mean. Oh, and not only did he please them,

he would also sometimes mug them. Delightful. Depardieu also addresses that whole "I drink 14 bottles of wine a day" thing from a recent interview, and I have to give him this: He can be rather poetic. "I'm obsessed with the racket in my body, the beating of my heart, the gurgling of my intestines, my joints cracking," he writes. "I must drink so as not to hear it, so as not to go mad from it. I can't get to sleep unless I am dead drunk."



Queen Elizabeth swipes left

This had to be an awkward security briefing. Queen Elizabeth is reportedly "deeply concerned" about safety at Buckingham Palace since so many of her staff are having overnight guests that they met through Tinder and Grindr, according to the Daily Mail. "There are real and serious security concerns at Buckingham Palace about members of staff [and their] use of dating apps such as Tinder, which can be rather sleazy," a source says.

Can we say anything good about a 'Say Anything' TV show?

In the "everything old is new again" TV department, we have some good news and some bad news. First, the good news: David Lynch and Mark Frost are bringing back "Twin Peaks" 25 years after its cancellation as a limited series on Showtime sometime in 2016. The nine-episode run will continue the story from the original series, picking up 25 years later. If you're Facebook friends with anybody over 30, you likely saw this news on your feed on Monday.



Does Lloyd Dobler have a place in the 21st century?
20TH CENTURY FOX

Now, for the less welcome news: NBC is going back to the 1980s-movie well for series ideas, as the network has ordered a script for a sitcom based on the John Cusack-starring classic "Say Anything," picking up 10 years after the end of the 1989 film. NBC previously optioned "Real Genius" and "Problem Child" for series adaptations, so apparently the trend of turning old TV shows into movies has been completely reversed.

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FILMMAGIC

From Broadway to 'Nashville'

Guest stars.

Actress Laura Benanti tries out a different singing style in her upcoming stint on the country drama.

Broadway fans may know "Nashville"'s newest guest star from her Tony Award-winning performance in "Gypsy," but Laura Benanti is trying out a new musical style these days. She'll be appearing as Sadie Stone, another in the "Nashville" roster of musical artists trying to make it in the

tough world of country music.

How would you describe Sadie Stone?

She is a singer/songwriter who's been writing for probably 10 years or so. ... She's recently had sort of a breakout album that's brought her more mainstream success, so she has some decision-making to do in terms of who she's going to allow to shepherd her into the next phase of her career.

Will she be involved in some of the soapier aspects of the show?

It's been focused less on romance and drama, and more on her career, and her friendship with Rayna [Connie Britton]. ... It is "Nashville," so I'm sure that it'll turn into something a little bit soapier.

Bonus question

Now that you've seen it up close, can you confirm if Connie Britton's hair is as perfect as it seems?

It's like the hair is made of angels' wings. It's so gorgeous. I don't really understand it. I don't understand how it exists.

She's just doing something right with it.

Even when she comes in with her hair wet, I'm still like, "That's the most beautiful hairdo I've ever seen." And it's just like slicked back. It's maddening.



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CHRISTINA RICCI'S LATEST FILM IS THE ANIMATED "THE HERO OF COLOR CITY." / FILMMAGIC

Christina Ricci is trying to be polite

Interview. Once prone to sarcasm and darkness, the actress is now in a kids' movie, "The Hero of Color City."

Fifteen years ago it might have seemed odd for Christina Ricci to pop up in a G-rated animated movie about talking crayons. Perhaps it still is. Yet here she is, top-billed in "The Hero of Color City," a film

aimed squarely at children in which she voices Yellow, an anthropomorphic color stick seeking to stop a catastrophe in an alternate all-crayon realm.

"I thought it was a sweet story," Ricci says. The sincerity may seem surprising coming from someone who, when she was younger, was prone to making shocking comments about putting cigarettes out on her arm. Ricci has grown up — she and husband James Heerdegen welcomed a son in August — but maybe she aged out of that phase earlier. She first joined "The Hero of Color City" around 2007; production took so long and changed so much that she had to re-record most of her voice work.

Because many of the films Ricci did when she was younger — "The Opposite of Sex," "Buffalo '66," not to mention "The

Addams Family" — were dark and self-aware, it can be disarming to see her in nicer fare. When asked about a reported quote that she was actively seeking sweeter roles, she says that's not actually true. "So much of the stuff that's out there is from different periods in my life," she says. "I always wanted to do a broad spectrum of things."

She continues, "I definitely was — and can be — sarcastic. But I was also a teenager. I tended to do things that were shocking. I just said things for shock value, because I was a teenager," she says. "Can anyone be held to the person they were as a teenager?"

She's definitely not that person anymore. "I just try to be a little bit more polite these days," she says.



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TV watch list



PHIL FINDS BAD NEWS IN A WEDDING VIDEO ON "MODERN FAMILY." / ABC

COMEDY

'Modern Family'

Cam and Mitchell's wedding video reveals Phil as the source of the cold everyone has. **9 P.M., ABC**

COMEDY

'Black-ish'

Dre decides to help son Andre make more black friends. **9:30 P.M., ABC**

DRAMA

'Arrow'

Oliver has a new foe: Vertigo, the villain Lucille 2 faced in "Arrested Development." **SEASON PREMIERE, 8 P.M., CW**
LISA WEIDENFELD



Watching herself

Ricci on Ricci

Being in a cartoon also means she doesn't have to watch herself on screen, although she says she's not one of those actors who

hates seeing themselves. "I don't go out of my way to watch myself on screen. But I don't necessarily avoid it either."

Which ones does she go out of her way to see? "It depends," she replies. "I find that's directly related to how good a job I've done."

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Rob Anderson and Loic Rossignon (also an ICC grad) at The Canteen

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Consumers rush to get free TV after Supreme Court ruling

U.S. households to get free TV with slick little micro antenna device engineered to pull in all over-the-air TV channels for free as law forces network giants to broadcast all TV signals regionally to all 50 states

Free TV: Crystal clear HDTV picture with no cable, no satellite or internet connection and no monthly bills

NATIONWIDE - Consumers just got handed a really good reason to get rid of cable and satellite bills.

Everyone fed up with high cable and satellite bills, huge channel bundles and poor customer service are now flocking to get a slick little micro antenna device that lets U.S. households watch broadcast TV legally without paying a cable or satellite company for it and no monthly bills.

So much attention is now being focused on this slick little device since the High Court handed down the big win for consumers.

The landmark decision highlights the public's ability to get all the top rated national TV network and regional shows broadcast over the air absolutely free.

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Everyone who does is getting the slick little \$88 device at a real steal because it pulls in crystal-clear digital TV channels for free with no monthly bills.

The target audience for the slick little micro antenna device has been young urban professionals who don't want to watch more than 20 or 30 live TV channels. But now older folks are snapping up the slick little device because it's rapidly becoming popular for those on fixed incomes and anyone who just doesn't want to pay a cable or satellite bill anymore.

"When advanced technology enables consumers to just plug in a simple device to get free TV, consumers are the winners," said David Martin, Senior Analyst at CompTek, the company that makes the sleek little micro antenna device that works on virtually any TV.

"This special advertising feature is being so widely published because there's never a monthly bill to pay and all the channels you get are absolutely free," Martin said.

"That's why the slick little device is not like being tied to a cable or satellite company. The device is engineered to access solely over-the-air signals that include all the top rated national and all broadcast stations, like DISNEY (ABC), COMCAST (NBC), CBS, 21st Century FOX (FOX), PBS, CW and about 90% of the most watched TV shows like America's Got Talent, NCIS, The Big Bang Theory, 60 Minutes, The Bachelorette, Blue Bloods, Dateline, Person of Interest, American Idol, The Voice, Dancing With the Stars, CSI, Two and a Half Men, Sunday Night Football plus news, weather and sports all for free with no monthly bills," Martin said.

That means consumers who get the slick little device can channel surf through all the



■ **FREE TV WITH NO CABLE BILLS:** Thanks to a slick little micro antenna device that plugs into the back of any TV, consumers are getting free crystal-clear digital channels without cable or satellite. It's like getting a new HDTV for free. That's why U.S. residents are flooding the Free TV Hotlines and rushing to the Post Office to return the Free TV Claim Form reprinted at the bottom of this page. Consumers in all 50 states who want to get Free TV with no monthly bills just need to call within 72 hours or beat the 3-day postmark deadline. Consumers should begin calling the free TV Hotlines at **1-888-862-3559 Ext.60040** beginning at 8:30am or be sure the Free TV Claim Form is postmarked by midnight 3 days from today's publication date.

nations top favorite TV shows. The number of shows and channels consumers get depends on where they live. People living in large metropolitan areas can get up to 53 crystal-clear digital channels, while people in outlying areas will get less. That means even consumers in rural areas that pull in NBC, ABC, CBS, FOX and PBS broadcasts will still get hun-

dreds of shows each year to watch for free.

"It's so simple all you do is just plug it into the back of your TV and place the razor thin micro device on a window or wall, then autoscanner does all the rest. It works on virtually any model TV and you get a stunning HDTV quality picture," Martin said.

"It just doesn't make any sense to keep pay-

ing for TV when you can get all the top rated network channels and hundreds of shows absolutely free," he said.

But there is no time to waste, early reports show the free TV Hotlines are extremely busy.

So, if lines are busy keep trying, all calls will be answered. (Continues on next page)

WHO WINS IN SUPREME COURT'S LANDMARK DECISION

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NETWORKS AND TV STATIONS

With the victory, all major networks and TV stations get to protect their copyrights, but they must continue to comply with Federal Law 47CFR SEC. 1.4000 which allows consumers who have a slick little micro antenna device to receive all the crystal-clear over-the-air broadcast channels for free. Shown here are a handful of the major networks that must broadcast over the air channels that consumers can receive for free with the slick little micro antenna devices that saves money by not picking up expensive cable only channels like ESPN so there's never a monthly bill for consumers to pay.

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Find something unique at a fall pop-up event

If you've had your fill of German beer and enormous pretzels, check out these pop-ups to complete your fall experience.

sing-alongs and giveaways. The best part: The coffee is free.

For exclusive commentary, visit Metro.us/blogs.

Hester Street Fair

Hester and Essex streets
This fair brings together some of NYC's best food, vintage clothing and jewelry alongside food trucks for great affordable grub (try a pumpkin pie sno-cone from Handsome Dan's). The fair ends Oct. 25 and is closed Oct. 11-12.

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Aziz Ansari is 'hitting a nerve'

Interview. Just like the rest of us, the comedian/actor is trying to be more like Beyonce.

Aziz Ansari is out on the road this fall with his first arena tour, which he'll freely admit is kind of crazy. Never one to just follow along, Ansari wanted to make sure that no matter how big the venue, his shows were unique — or if not, then at least like Beyonce's.

What makes this tour different for you?

Well, obviously the big thing is it's my first run of arena shows. It's been a fun thing to experiment with, what we've been doing with the screens and stuff. Whenever I go to crazy arena shows like "Watch the Throne" or Beyonce

or whatever, I look at that stuff and am like, "Is there a way to do something cool and exciting like that with comedy?" And I think I've found a way to make it cool and, even though it's in a large venue, make it a fun experience and you're not just like, "I'm sitting so far away."

So you're saying you're basically on the same level as Beyonce now?

I mean, we're all chasing Beyonce. But I think it's a pretty good arena show.

What specifically has improved in your act, do you think?

I think as you do more and more comedy you get better at really talking about thoughts and ideas that are a little bit deeper and harder to express. I don't know — none of that sounds really funny. [Laughs] I think you just become



Ansari is going big for his fall tour. / MATT HAYWARD, GETTY IMAGES

better at hitting things on a deeper nerve and tackling harder subjects and making them really funny.

So tell us about the screens.

Usually when comedians do arenas, there are two screens on the right and left, and you're just kind of staring at that the whole time like you're watching a special, and that was something I was trying to avoid. There's a giant screen behind me that just tracks me wherever I go, so you're watching a giant version of me doing stand-up in an arena, not looking at a tiny Aziz and occasionally looking at a screen on the side.

Have you ever freaked yourself out by noticing a giant Aziz over your shoulder?

I mean, I try not to turn around too much.

If you go

Aziz Ansari

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You have 4 million Twitter followers. That's insane. What is that like?

I don't know, I don't really go on Twitter too much. I really just use it as a tool to let people know about shows and stuff. I don't really do too many Twitter jokes and things like that. I probably should be doing weirder stuff with it.



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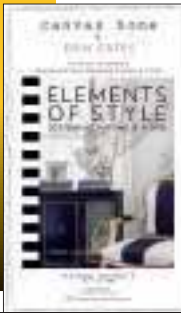


PLUS

Event

Design meet-up

Design blogger Erin Gates just released her first book, "Elements of Style: Designing a Home and a Life." Fans of her website will love this mix of essays, design tips and gorgeous photos. Stay tuned for our interview with Gates — and in the meantime, meet the author 6-8 p.m. Thursday at Canvas Home (123 W. 17th St.).



Upmarket creates a

Real estate.

High prices and gentrification are creating listings as more sellers try to cash in.

There goes the neighborhood — or, rather, the neighbors. In the current upmarket, multiple apartments in the same building are hitting the market in rapid succession, as sellers look to replicate the high sales prices obtained by their neighbors, brokers said.

The trend is particularly noticeable in gentrifying neighborhoods, especially in

Brooklyn. And in many cases, it's being led by opportunistic sellers looking to unload their apartments before the price-inflating inventory crunch eases.

"People talk, and people start to follow each other when the market is right," said Jamie Fedorko, an agent at Warburg Realty. "Everyone knows what's going on in their building. They know the prices are changing; they know there are bidding wars."

Danny Davis, a broker at Town Residential, recently represented sellers at 415 Greenwich St. in Tribeca who listed their apartment, 7C, as a test of the market. "The seller was not a serious seller, but more of an opportunistic seller, taking advantage of a hot market," Davis said.

The three-bedroom, 2,279-square-foot condo sold for \$4.9 million in

July. "When we got over \$2,200 per square foot, the domino effect began," Davis said. In short order, units 6C, 3C, 2C and 7F were on the market.

Davis said that the rush to sell is motivated by several factors: Owners at 415 Greenwich, who paid around \$1,000 per square foot in 2006 when the former warehouse was converted to condos, are striking while prices are high. Others see the pipeline of new development units in Tribeca and are selling before those new units hit the market — to buyers who want to move now. "Listen, it's a numbers game," Davis said. "Everyone is a seller at a certain price."

E.B. SOLOMONT

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domino effect



Building tenants are listing their apartments after hearing about their neighbors' sweet deals. / ISTOCK

Combo apartment

Joining forces

Meanwhile, some sellers have banded together to market their apartments as potential combinations. By doing so, they are trying to capitalize on the higher prices that large units fetch.

For example, five owners at the Gloucester, at 200 W. 79th St., have joined forces to try to sell five 16th-floor apartments as a package deal for \$8.1 million. Combined, the apartments would measure more than 4,000 square feet, a rarity in the neighborhood.

"At the end of the day, we're in a sellers' market. It's a money move," said Roger Covin, a Bond agent who's working with one of the sellers.

Market watch

Priciest



\$48M

684 Park Ave.

The most expensive property on the market this week is a townhouse in Lenox Hill. Marketed by Brown Harris Stevens, this Park Avenue-facing property is more than 11,000 square feet and features a curved marble staircase, fireplace, wood-paneled library and garden terrace. The townhouse was designed in 1926 by noted architectural firm McKim, Mead & White and was designated a landmark in 1970.

Cheapest

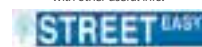


\$269K

340 E. 83rd St. #G1

The least expensive property on the market is a co-op in Yorkville. Marketed by Keller Williams, this studio features exposed brick, wood floors and separate kitchen with breakfast bar, as well as two levels of private outdoor space.

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"The great thing is that in many cases it's like preventive medicine. By making smart, eco-friendly decisions up front, you can save time and money in the long run."

Oosterhouse



Waste less: How to have an eco-friendly bathroom

Tips. Scott Naturals Tube-Free wants to save the environment, one roll at a time.

Your recycling bin — and your kids' art projects — might start looking a bit different, now that toilet paper doesn't have to come with a cardboard tube inside. To cut down

People magazine's "Sexiest Man on TV" — HGTV star Carter Oosterhouse — has been

on hand to help launch the product. He also talks about other ways to bring the eco-friendly lifestyle into what he describes as “the most trafficked room in the home.”

"People don't think about the bathroom — but it's a key area because of the products, water and energy used there," Oosterhouse says. "By following a few simple tips, you can greatly reduce waste."

Here are his tips, which go hand in hand with your tube-free rolls:

to fill the tank and therefore less water is being flushed. Be careful that the bottle doesn't interfere with the flushing mechanism.

Install a tankless water heater

2 With a tankless water heater, you only heat the water that you use, which saves energy and money. Gas water heaters give off an average of 58 percent fewer carbon emissions than electric ones.

Pay attention to packaging

3 Use bathroom necessities with less packaging, like bar soaps, which are friendlier for the environment — and your budget. The carbon footprint of liquid soaps is about 25 percent larger than that of bar soaps. They also require more energy for packaging production and disposal.



RACHEL VIGODA
@rachelatmetro
rachel.vigoda@metro.us

Save water with every flush

1 Put a plastic bottle in your toilet tank by soaking off the label, filling the bottle with water, replacing the cap and placing it in the tank. A small plastic juice bottle or laundry soap bottle works well. In five minutes, you will begin to save one or two gallons per flush!

By placing the bottle in the toilet tank, less water is needed

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In case you need a visual, here is Scott's depiction of the Empire State Building made out of toilet paper rolls. / PROVIDED

'Clutter is so not chic'

Stay away from the sweatpants

Dress to impress, even at home. "A lot of people don't like to wear their nice clothes at home because they're worried they're going to ruin them," says Scott. Her solution is a layer away. "Just put an apron on over your dress while doing the dishes."



Trade in that ratty T-shirt for a shirt that makes you feel good, says Scott. / COLOURBOX

Tips. Expert advice on how to be a domestic diva.

For most of us, the thought of conquering the dishes or tackling loads of laundry elicits eye rolls, sighs and groans. We're too busy during the week and are having too much fun on the weekends. We allow the piles to grow exponentially until we have no choice but to attack — basically, when we're out of dishes or clean underwear.



Jennifer Scott, the best-selling author of "Lessons from Madame Chic," a book that shares secrets about how to live like a stylish Parisian, is now releasing a new book, "At Home with Madame Chic." In it, she focuses on bringing passion back into those pout-provoking chores.

"Doing the small things that we have to do throughout the day, like tidying up the kitchen after breakfast, putting away the dishes and folding the laundry, makes our house more of a home," says Scott. "Home-making is kind of an old-fashioned pastime, but I think it's something that everyone can do."

So how could we possibly ever feel chic while cleaning the toilet?

Scott shares some tips to help you dominate domestic life.

MOLLY CONGDON
@MetroBos
letters@metro.us

Manage mess

"Clutter is so not chic," Scott says. Decluttering your home is essential because it makes your life a lot easier. For many of us, mornings are a mad rush out the door. By the time we pick our outfit, put on our faces and grab our bags, we barely have time for a couple bites of toast. Want to start your day in a nonhectic way? Scott says to take care of a few simple things the night before, like prepping for breakfast. "It saves time and alleviates the stress of constantly feeling like you're going to be late."

Create a pump-up playlist

"True chic is an inner state of being and maintaining inner peace throughout your day, no matter what you're doing," says Scott. "Instead of bemoaning the task in your head, get excited about it and do what you can to make it something you look forward to every day." How can you get yourself amped? Scott recommends playing your favorite music, listening to a book on tape or even simply meditating while doing these domestic duties.

Until your dream house

Appreciate the home you have, says Scott. "A lot of

people think, 'Oh, when I move to this house or this city, I'll be happy.' You have to live well in the home you have right now."



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Lord & Taylor Birdcage

The holidays are creeping up, and soon you'll be on the hunt for the perfect finds. This year,

Lord & Taylor will make scoring cool hidden gems easier with its new concept shop, Birdcage. The in-store shop — located on the second floor of the NYC flagship — features goods from

hip new designers curated by the department store's team of buyers. That includes edgy jewelry from Deepa Gurnani, floral arrangements from Flower Girl NYC and sweet treats from the Flour Shop.

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TINA CHADHA



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Get to know: Yoana Baraschi

Interview. Break out from your all-black wardrobe with tips from this up-and-coming designer.

Before launching her own label, Yoana Baraschi earned her fashion keep designing for Faconable, Cacharel, Mugler and Betsey Johnson. Despite gaining inspiration from each fashion house on her resume, Baraschi's eponymous label is primarily influenced by her personal travels and her unique design sensibility.

Baraschi's Spring 2015 collection is a blend of sporty and sophisticated; each piece is designed to be mixed and matched. We got the designer's tips on how even the most color-phobic New Yorker can brighten up.

Who do you design for?

I design for a woman who doesn't like to be defined by her age or her work. She's independent, unique, strong and bold. She likes to put things together her own way and likes to feel special when she's getting dressed.

What trends are you



Yoana Baraschi's Spring 2015 collection showcases bold prints mixed with black and white. / PROVIDED

loving right now?

I love the athletic trend. It gives a familiarity to clothes. Seeing something mesh or color-blocked [helps make color and prints] an easy transition to wear.



EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

Tip

For women who want to try wearing more color or a print

Wearing it with black helps. It makes it less bold, so if you aren't used to wearing color or prints, that's a good place to start. If you have a blank bandeau or black mesh pants — or even just black sandals — that can help you feel less lost.



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How realistic was 'Gilmore Girls'?

Family issues. Psychoanalyst Jennifer Kunst talks mothers and daughters.

Was it a nice weekend outside? "Gilmore Girls" fans wouldn't know, as they likely spent the weekend in front of Netflix, watching the mother-daughter dramedy that reminded us to call our moms just a little

more often.

Lorelei and Rory Gilmore have the kind of mother-daughter relationship that many wish they could have, but the show did omit a crucial element, according to psychoanalyst Dr. Jennifer Kunst.

"One of the cool things about the 'Gilmore Girls' that draws people in is that they're so bonded to each other," she says. But "they don't deal too much with what ordinary mothers and children have to deal with, which is the

other side of that: being separate."

With 20 years of experience, Kunst says parent-related complaints are the second most common from patients at her practice, which she addresses in her new book, "Wisdom from the Couch." We asked her how realistic "Gilmore Girls" was and what makes relationships with our parents difficult.



EVA KIS
@thisiskis
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Daughters of young moms:

Lorelei is still growing up herself, and you can see in that relationship — this is fairly common in real life — that there's a lot of pressure on the child to mother the parent, if the parent is young and also doesn't have parents that they can turn to.

Rory and Lorelei Gilmore have an aspirational relationship, Kunst says. / THE CW

Should moms and daughters be friends?

When you've got little ones, in particular, friendship is a component of the relationship, but there is so much discipline and learning involved that friendship can't be, in a healthy way, at least, at the center. [As adults] we can return to that relationship. ... The growing and the discipline that mom needs to help us with has been established, and friendship can take a more central role.

What makes a good parent?

I call it either loving discipline or disciplined love: There is a balance between those positive, affectionate, close-bonded feelings and the ability to be firm or to step back and let the child become their own person, which can be very difficult for moms to do. The challenge for children is to be able to depend on their parents for help and guidance.

Where you lead

Why did the show resonate with so many people?

There was a mix of real-life

struggle, and people really trying to improve themselves and providing each other support in doing so. And the other thing is the relationship that Lorelei and Rory have with each

other — it's an ideal, it's what we all wish we could have and is probably not actually possible in real life, but there is something beautiful about it that is an aspiration, in a way.



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- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
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Health notes. Ollie over to this charity party

Sports and art don't often find common ground, except when it comes to skateboards, which are often a canvas for their riders to make a personal statement. To benefit skaters in NYC, Paragon Sports turned over two dozen boards to local artists for a benefit auction.

Paragon Sports (867 Broadway), in partnership with Vans, is showcasing the boards, which were donated by 5Boro NYC, in its 18th Street store window through Thursday. On Friday at 7 p.m., the most popular design will be announced and all boards will be auctioned off at a gala event with pro skaters, cocktails and live music to benefit The Harold Hunter Foundation. The community organization provides support, opportunity and advocacy for skateboarders in NYC.

Check out the boards, then cast your vote at www.facebook.com/paragonsports. (For every "Like" on any design, Paragon will donate \$1 to the foundation, up to \$1,000.)



CHRIS VULTAGGIO

Pink hard hats get to work

More than 750 people, including reigning Miss USA (and Miss New York) Nia Sanchez, donned pink hard hats to form a human pink ribbon symbolizing breast cancer awareness Tuesday morning at the Alexandria Center for Life Science in Manhattan. As part of construction firm EMCOR Group's "Protect Yourself. Get Screened Today." campaign, a \$110,000 donation was presented to Gilda's Club, and workers at its sites will wear pink hard hats throughout October.

RSVP via email to decked-out@paragonsports.com for Friday's party; suggested donation is \$10. For more information, visit www.paragonsports.com/deckedoutny.

children to learn the fundamentals of the game in a right-size environment. Their indoor courts are made for child athletes, and the program will focus on promoting confidence, self-esteem and sportsmanship. Training will be tailored by age, with group and private classes and tennis conditioning on five USTA-sanctioned kid-size courts (yes, there is seating for parents to look on proudly). To learn more, visit www.Court16.com.

holding two special classes at its Brooklyn Heights location (147 Remsen St.) as part of its nationwide Plie for Pink campaign. Two special donation "Barrecamp" classes will be held Oct. 18 at 11 a.m. and Oct. 19 at 12:30 p.m., with the proceeds going to benefit the Young Survival Coalition. Watermelon Water will provide free beverages, and there will be prizes offered during the classes. The recommended donation for each class is \$25-\$30. Pink tutus are encouraged, and the studio will be selling special edition pink socks.

EVA KIS

Tennis for tikes

As any tennis pro will attest, it's never too early to start working on your serve, and kids ages 3-11 now have a state-of-the-art facility to hone their skills in Brooklyn. Court 16 was developed by an international network of youth tennis experts and industry veterans for

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Horoscope

♎ Libra | Sept. 23-Oct. 22. Include the people you live with in your plans if there are to be any physical alterations at home. Ask for input.

♏ Scorpio | Oct. 23-Nov. 21. Romance is heading in your direction. You will come into some money through a lucrative financial deal or an old debt.

♐ Sagittarius | Nov. 22-Dec. 21. Make concessions for people in your life you deem important. A short getaway will give you the chance to devote your attention to someone.

♑ Capricorn | Dec. 22-Jan. 20. Do your best to close deals. Use your powers of persuasion to enlist the help necessary to finalize your plans.

♒ Aquarius | Jan. 21-Feb. 18. Don't be vocal about your financial plans. The additional funds you are looking to earn may disappear if you let others know about your ideas.

♓ Pisces | Feb. 19-March 20. Disagreements should be dealt with directly. If you involve other people, you will turn a minor problem into a major blowout.

♈ Aries | March 21-April 20. Keep your cash and documents safe while traveling. Ensuring that your papers are in order will reduce the chances of delays.

♉ Taurus | April 21-May 21. A successful partnership is heading your way. You have the knack of making people feel at ease, and this will help you connect with influential friends.

♊ Gemini | May 22-June 20. Make the most of any chance you get to discuss a position of power. Make yourself a regular at events and trade shows.

♋ Cancer | June 21-July 22. An indoor sports regimen will help you unwind. You will fall into bad habits and overindulgence if you don't make an effort to keep fit.

♌ Leo | July 23-Aug. 22. A short journey will encourage an interesting connection. Don't feel that you have to buy someone's interest when your personality should be enough.

♍ Virgo | Aug. 23-Sept. 22. You will be smitten with a new acquaintance if you are single, and in the mood to rekindle your love if in a relationship. **EUGENIA LAST**

Sudoku: Easy and hard

1			8	5			4	
		9		1			7	
	8	4				1		
5					6	3	1	
	1			3			2	
	3	2	5					8
		1				4	9	
	2			4		6		
	4			8	2			5

					6			
		9	4			8	3	
			9	6		5		4
9		3	8					5
	6		7		9		1	
2					4	9		8
7		2		9	5			
5	9				6	7		
		6						

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Hull's bottom
- 6 Spicy
- 10 Select
- 14 Megastars, to fans
- 15 Yodeler's answer
- 16 Melville title
- 17 Parcel out
- 18 Fake
- 19 Canner's supply
- 20 Twenty's foe
- 22 Maxim
- 23 Counting-out start
- 24 Oilskin garment
- 26 -- Wiedersehen
- 29 Fountain fare
- 31 Ms. Lupino
- 32 Gator Bowl st.
- 33 Shoot forth
- 34 Feudal tenant
- 38 Indigo plant
- 40 Solstice mo.
- 42 Storytelling dance
- 43 Once in a blue moon
- 46 Snag a dogie
- 49 Rapper Tone --
- 50 Engage in rivalry
- 51 Tug
- 52 Western tribe
- 53 Rabbit ears
- 57 Bleachers sound
- 59 " -- Street Blues"
- 60 Was a captain

- 65 Exotic island
- 66 Watermelon source
- 67 Musty
- 68 Thames school
- 69 Hound's trail
- 70 Two under par
- 71 Grammy winner
- 72 Fly catchers
- 73 Reverie

Down

- 1 Slant
- 2 Casually
- 3 Recline lazily
- 4 Mitten cousin
- 5 Admires
- 6 Changed hairdo
- 7 Muscle complaint
- 8 Blackens with heat
- 9 -- Kippur
- 10 Long green (2 wds.)
- 11 Kayak kin
- 12 Beaver's home
- 13 Underdog, often
- 21 Be impatient
- 22 Verdi opus
- 25 Ullmann of cinema
- 26 Long way off
- 27 Radius companion
- 28 Pretty good
- 30 Dweeb
- 35 Crewmate of Uhura

- 36 Oodles (2 wds.)
- 37 Add some brandy
- 39 Razing
- 41 Messengers
- 44 Row
- 45 Strong craving
- 47 Fall softly
- 48 Rolled by
- 53 French clerics
- 54 Groovy
- 55 Prey grabber
- 56 Whisper on stage
- 58 Pave over
- 61 Rounded handle
- 62 More than fume
- 63 Miss Cinders of old comics
- 64 Judge
- 66 Solemn promise

Yesterday's answer



Letters

Don't fear Ebola, work to stop it

As a medical student, I am surprised at the sensationalist coverage by the media that is causing fear over a possible outbreak in the U.S. Ebola is spread through contact with bodily fluids, period. It is not spread through the air. In fact, it's similar to HIV in that unless you have sex with an infected person or touch their blood, vomit, mucus, etc, you're more than likely safe. The reason it's such a problem in African countries is because they have a different culture and education level than we do here. So don't be scared, but perhaps consider donating money to an organization that is on the front lines.

ANNIE FERRIS, VIA EMAIL

Find a better role model

Re: 'Characteristics of successful people' (Metro, Oct. 7) I take exception to the Timothy Sykes article. What did Sykes do or make, whom did he help or what did he develop that makes him a successful person in the eyes of Metro? In this era of post-deregulation, we have all learned, to our shock, just how easy it has been for young traders to make millions, as long as they're relatively bright, highly caffeinated and willing to not think too much about the implications of what they're doing.

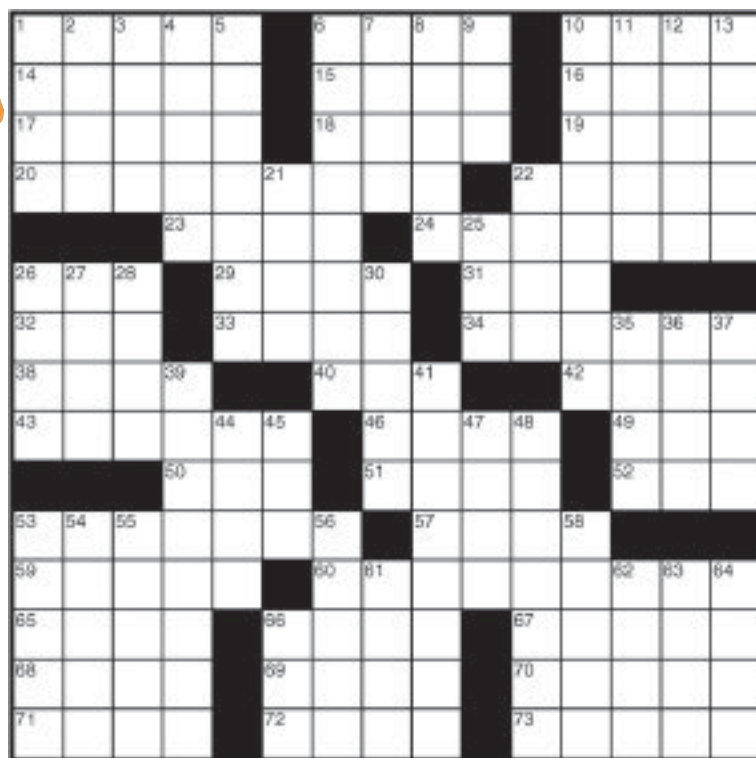
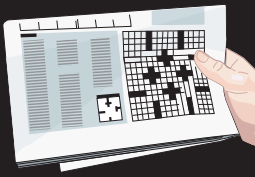
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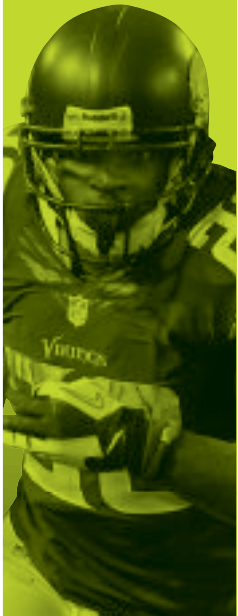
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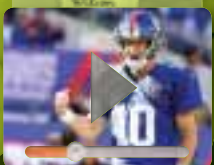
Heading to court

Peterson to plead not guilty

Vikings star running back Adrian Peterson will make his first court appearance today, and he will plead not guilty, according to his lawyer Rusty Hardin's spokesperson, Mary Flood. Peterson was charged with reckless or negligent injury to a child stemming from an incident in which he punished his 4-year-old child with a switch.



Watch online



Find videos and recaps of every Giants and Jets game at: Metro.us/sports.



Anthony Duclair, right, has been the talk of preseason. Alain Vigneault says he will skate on one of the top three lines. / GETTY IMAGES

Rangers building on postseason run

NHL. Last year didn't end how the Rangers had hoped, but they feel their new roster has learned from it.

It's not how the Rangers' playoff run ended that resonates with Derick Brassard. Instead, it's the experiences gleaned from the franchise's longest playoff run in two decades that will make a difference in the upcoming season.

"We can take a lot of good things that we did last year and bring them into

this year," Brassard said in a phone interview during preseason. "Winning some key games, coming back in the 1-3 series against Pittsburgh, showing a lot of character — we proved to ourselves we can beat some really good teams."

In reaching the Stanley Cup Final for the first time since 1993-94, the Rangers had to navigate their way past Metropolitan Division rivals Philadelphia and Pittsburgh, followed by Montreal in the conference final while managing injuries, a malfunctioning power play and a suspension.

Their reward is an opportunity to do it all over

Quoted

"He's earned the right. He's got an NHL skill set: The hands, the speed, the thinking with the puck. It's there."

Alain Vigneault, head coach, on rookie Anthony Duclair making the final roster

again, this time without some old friends and with some new faces.

The Rangers enter the 2014-15 season having been made over due to salary cap constraints. Gone are Anton Stralman, Brad Richards, Brian Boyle, Benoit Pouliot and Derek Dorsett.

In their place are Dan Boyle, Lee Stempniak, Tan-

ner Glass and the talk of training camp, 19-year-old left wing Anthony Duclair.

Duclair was the best rookie in training camp after finishing with five points (three goals and two assists) in five games. And he made the club.

DENIS GORMAN
@DenisGorman
sports@metro.us

Predictions

Metro takes a crack at predicting the big award winners and champions this season.

• Stanley Cup champion: Los Angeles Kings

• Eastern Conference champion: Tampa Bay Lightning

• NHL MVP (Hart): Steven Stamkos, Tampa Bay Lightning

• Scoring champion (Art Ross): Sidney Crosby, Pittsburgh Penguins

• Goal-scoring leader (Maurice Richards): Steven Stamkos, Tampa Bay Lightning

• Rookie of the Year (Calder): Johnny Gaudreau, Calgary Flames

• Outstanding defenseman



Sidney Crosby won last year's Hart Trophy. / GETTY IMAGES

(Norris): Ryan Suter, Minnesota Wild

• Outstanding Goaltending (Vezina): Tuukka Rask, Boston Bruins

• Best defensive forward (Selke): Jonathan Toews, Chicago Blackhawks

• Best coach (Adams): Willie Desjardins, Vancouver Canucks

What to watch for

Three storylines to watch this season

There's always the fear of a letdown when you come so close to the mountain top only to come up short.

But the Rangers can fall back on the knowledge they were ahead of the curve, as opposed to their championship window closing.

Metro breaks down three storylines to watch this season.

1 One step further

It seems cruel to get on Henrik Lundqvist, but even though he finally brought the Rangers to the Stanley Cup Final for the first time in his career, well, he didn't win. Meanwhile, younger players like Jonathan Quick have already racked up multiple titles. Lundqvist has the talent of an all-time great, but he doesn't want to be remembered as the NHL's Dan Marino.

2 Power outage

Correcting the power play has become a yearly problem for New York. They ranked 16th in the NHL last season, which is admittedly better than 23rd in 2012-13, but still disappointing. Dan Boyle was brought in specifically to help correct the problem this year. But we've heard that before.

3 Injury issues

Derek Stepan, at just 24 years old, is starting to become oddly injury prone. Stepan's latest injury was a fractured fibula suffered during a noncontact drill. He'll miss a month and a half. The Rangers need their burgeoning star healthy.

MARK OSBORNE



Derek Stepan broke his jaw during last year's playoffs. / GETTY IMAGES

NFL power rankings | by Matt Burke

No. 1

Seahawks
(3-1)

The Seahawks hadn't played since Sept. 21 prior to Monday night's 27-17 win over the Redskins. The champs looked rusty as they had several big plays called back due to penalties and the defense was less than stellar as Kirk Cousins looked comfortable in the pocket.

No. 2

Broncos
(3-1)

Remember back when people were convinced Peyton Manning would be a shell of himself due to neck issues?

No. 3

Chargers
(4-1)

We don't buy Geno Smith's Pacific Time excuse, but the Jets would've been blown out regardless.

No. 4

Cardinals
(3-1)

Glancing around, some outlets are dropping the Cards far in their rankings. We're being the nice guys.

No. 5

Eagles
(4-1)

It was chic to rag on the NFC East in the preseason. But now, the division owns two 4-1 teams.

No. 6

Packers
(3-2)

Green Bay's seven-point performance against the Lions on Sept. 21 appears to have been a wake-up call for the offense.

No. 7

Bengals
(3-1)

No one was beating the Pats on Sunday, but we need to see Cincy step up when the lights are bright.

No. 8

Cowboys
(4-1)

It's too easy to poke fun at the 4-1 record. They're sure to get their comeup-pance Sunday in Seattle.

No. 9

Colts
(3-2)

This team could soon be ready to challenge the likes of the Broncos and Chargers in the AFC.

No. 10

49ers
(3-2)

It's possible to go very deep in the NFL postseason, even if your coach and front office do not see eye-to-eye.

No. 11

Ravens
(3-2)

The Ravens have had a brutal schedule to start the season but catch a break Sunday at the Bucs.

No. 12

Giants
(3-2)

The overall excitement regarding the Giants' offense is gaining steam by the week.

No. 13

Patriots
(3-2)

Beyond the Tom Brady love from Sunday night, Rob Gronkowski finally looked like himself again.

No. 14

Steelers
(3-2)

The offense was bailed out by a pick-six against the Jags. The Steelers are 3-2, but they sure aren't winning pretty.

No. 15

Lions
(3-2)

Under most scenarios, you're supposed to beat the Bills at home, even if your two top stars are out.

No. 16

Panthers
(3-2)

The Ravens scored 38 against Carolina in Week 4, but the "D" bounced back against the Bears.

No. 17

Chiefs
(2-3)

Alex Smith's expert "game management" was just not effective against his former team, the 49ers.

No. 18

Dolphins
(2-2)

The Dolphins are coming off a bye and host the hot Packers this Sunday. The Packers are 3 1/2-point favorites.

No. 19

Browns
(2-2)

Why does it feel like Brian Hoyer will be playing in this coming January's Pro Bowl?

No. 20

Texans
(3-2)

Head coach Bill O'Brien is known as a quarterback guru, but even he can't fix Ryan Fitzpatrick.

No. 21

Bears
(2-3)

This team seems destined for an 8-8 season. But hey, at least Matt Forte keeps fantasy owners happy.

No. 22

Bills
(3-2)

The Bills are pulling out all the stops to have a winning record. So what if they gave up on their QB 14 games into his career.

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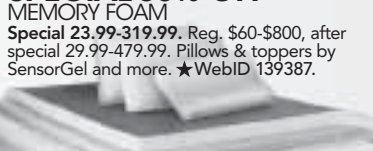
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